

Name: Laura MacDonald, Associate Professor

1. Lecture title:

How do we create health as health care providers?

2. Lecture brief description or abstract:

Health is created and lived by people within the settings of their everyday life; where they learn, work, play, and love." (Ottawa Charter 1986) Does this evidence-based statement make you wonder how as health professionals we create health; for example, health for our patients, health for the community which our patients call home, health for ourselves and for our work colleagues? Health creation is salutogenesis. This is a philosophical different stance than viewing health from a pathogenesis approach. We often find ourselves helping our patients treat, manage, and recover from oral disease/condition or disabled dentition and/or oral function. We can also find our practice to be taxing on our own health and that of our practice colleagues. Having a pathogenic mindset to care for our patients and ourselves positions us as health care providers on the health and wellbeing continuum in the disease/disability domain with focus on returning to health. This session entices participants to think about salutogenesis, health creation and what and how we as oral health care practitioners can facilitate the creation of health for all.

In this session, participants will be able to:

1. Differentiate between health creation and disease treatment within the context of oral health professional practice.
2. Explore own practice health philosophy for both patient care and own self-care.
3. Consider implications of practice health philosophy with respect to 'health is created and lived by people within settings of the everyday life'.

Bibliography: Laura MacDonald is an Associate Professor with the Dr. Gerald Niznick College of Dentistry and School of Dental Hygiene, Rady Faculty of Health Sciences (RFHS), University of Manitoba (UM). She has been an integral member of the UM and the RFHS interprofessional collaborative working on creating and implementing the RFHS interprofessional collaborative care curriculum for the health professional programs at the UM. She is a home-grown faculty member of the University of Manitoba (Diploma in Dental Hygiene, 1981; Masters in Education (Community Health), 1987; and a PhD Candidate with the Applied Health Sciences PhD program, Faculty of Graduate Studies, UM. Her teaching, service, and research always has a health promotion lens to it. For example, years ago, she brought 'fit-to-sit' or functional fitness into the School of Dental Hygiene Diploma in Dental Hygiene curriculum. This was a salutogenic move on her part—promoting the creation of health within the academic plan and learning environment at the University. She continues to explore salutogenesis (health creation vs pathogenesis or disease creation) and roles/responsibilities of oral health professionals in creating health for all. Laura hopes to facilitate a mindset amongst health professionals that we are all part of health creation—that health is created in settings and places where people work, live, learn, love, and play.

